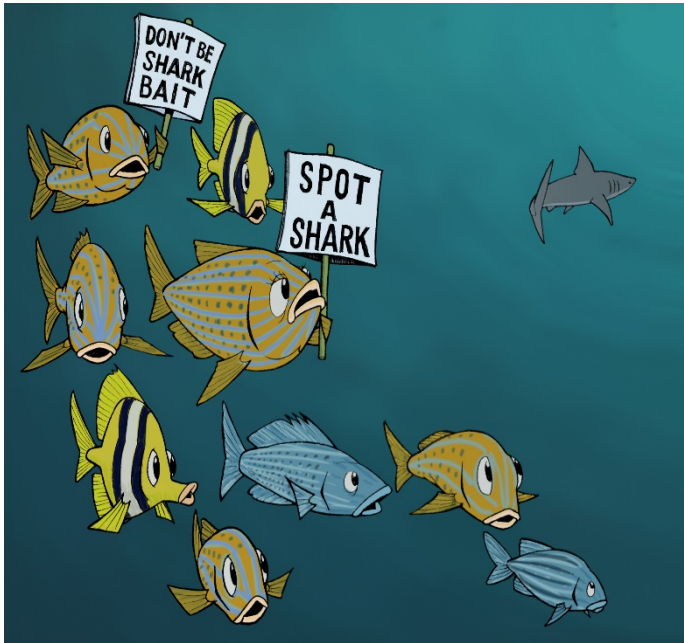


Maitland Family Support Scheme and Family Support Newcastle invite you to
A FREE 7 week group for women who have experienced controlling and violent relationships

Shark Cages and Other Fishy Business

Adapted from the Shark Cage® Model developed by Ursula Benstead



Wednesdays for 7 weeks,
20th Feb to 3rd April, 2019

10.00am - 1.00pm

at

Woodberry Family Centre,

11-13 Lawson Street

Opposite Francis Greenway High School,
Woodberry, 2322.

Discussions include:

What supports violence in our society?

Connecting with your wisdom, strengths and early warning systems

Identifying, valuing and respecting boundaries

Fine-tuning awareness and ways to respond

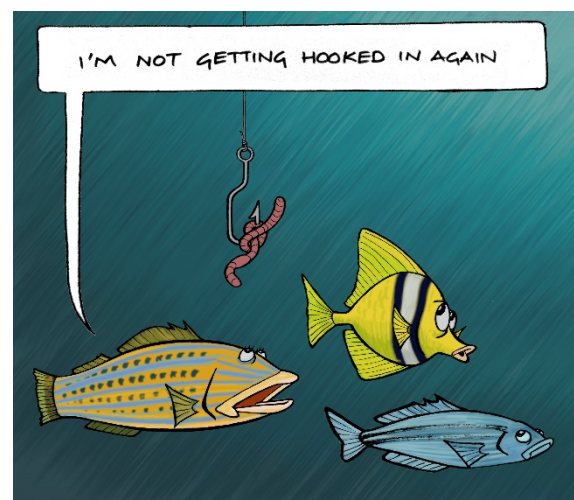
Practicing self-care, kindness and creativity

Free children's activities are provided
as well as a healthy morning tea.

Bookings are **ESSENTIAL**

Please call

Maitland Family Support Scheme
on 4914 0444



The Family Relationships and Skills program is funded by the
Australian Government through Family Support Newcastle.



Family Support Newcastle